What's happening

November/December 1987
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-Laurel Heights Events

All events held at 3333 California St. Auditorium. Call 476-3206. Free parking available.

Sun., Nov. 8: **Musical Panoramas: Emanuil Sheynkman.** Master of the balalaika & mandolin. Second in a series of eight musical programs. $7 students & seniors. $9 general. Call 476-2542 for program information, 476-2035 for series & other ticket information.

Brown Bag Tours/Lectures

All lectures are free and held on Wednesdays at noon in Room 300, Health Sciences West (enter through 513 Parnassus). Videotapes of all talks are available for viewing in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 476-4394.

Nov. 4: **Vive La Difference! Which Are the Wines for You?**

Nov. 11: **Making Time Work For You.**

Nov. 18: **Images in Health & Illness.**

Nov. 25: **Reading, Writing & Rhythmatic: Music in Child Development.**

Dec. 2: **Alcohol & the Brain: New Insights.**

Dec. 9: **Astrology: A Down to Earth View.**

Dec. 16: **New Approaches to the Treatment of Chronic Pain.**

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, November 3, 10, 17, 24 and December 1, 8, 15, 22, 29. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

New Volunteer Orientation

To acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Call 476-1196.

Tues., Nov. 3: Rm. 664, Medical Sciences Bldg., 513 Parnassus. 1-3 p.m.

Tues., Nov. 17: Rm. 209, Clinical Sciences Bldg., 521 Parnassus. 6-8 p.m.

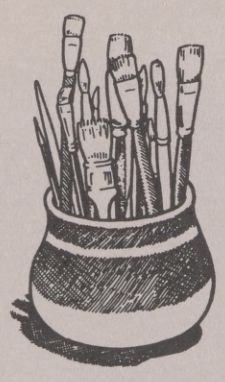
"Health Notes" Begins New Season on KQED

A new series of "Health Notes" on KQED-TV Channel 9—focusing on current health education and medical research issues—premiered in mid-October, funded by a grant from the Medical Center at UCSF.

Hosted by UCSF associate clinical professor of medicine David Watts, MD, "Health Notes" is a 10-part series of five-minute reports featuring interviews with top UCSF and other Bay Area medical researchers reporting significant findings in their fields. The topics range from surgical treatment of chronic pain and overcoming drug and alcohol addiction to AIDS among IV drug users and alternatives to heart surgery.

Each "Health Notes" report is broadcast several times a week in between major prime time programs. The series also is presented on 160 public TV stations nationwide. Watch for it!

Art Exhibits



Hospitals Auxiliary Exhibit: On display for the month of November in the lobby of Moffitt/Long Hospitals, 505 Parnassus, are framed oil paintings, watercolors, mini-watercolors and color photography. On display during December will be color mini-etchings, Egyptian oils, animal linoleum prints & color photography. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m., or call 476-4906.

Faculty/Alumni House Exhibit: On display through November 17 are abstract paintings by Stewart B. Gross. Faculty/Alumni House, 745 Parnassus. 8 a.m.-4:30 p.m. Call 476-4723.

Special Events

Wed., Nov. 4: **New Library Groundbreaking.** Ceremony: "F" level parking lot, enter through Millberry Union, 500 Parnassus. 1:30 p.m. Lecture: "Turning on the Current." Ernest Boyer, president, Carnegie Foundation for the Advancement of Teaching. Cole Hall, 513 Parnassus. 2:15 p.m. Free.

Sat., Nov. 7: **Children & Family Health Fair.** Focusing on health education, disease prevention & safety for adults & children. Millberry Union, 500 Parnassus. 10 a.m.-4 p.m. Free. Call 476-5377. (See news items for details.)

Tues., Nov. 10: **Public Forum: Homeporting the Missouri.** Sponsored by UCSF Program on Health Science & Human Survival. Toland Hall, 533 Parnassus. Noon-2 p.m. Free. Call 476-7543.

Tues., Nov. 10: **Wine in Life & Art.** Pre-holiday wine & food tasting. Benefit for UCSF Arts & Lectues. Millberry Union lounges, 500 Parnassus. 5:30 p.m. $5.

Tues., Nov. 17: **Careers in Health Care.** Program for high school students interested in health care. Rm. 300, Health Sciences West Bldg., 513 Parnassus. 4-7 p.m. Call 476-1848. (See news items for details.)

Thurs., Dec. 3: **William Witter Memorial Lecture on Pain.** "Controversies in Cancer Pain." Kathleen Foley, Memorial Sloan Kettering Cancer Center. Toland Hall, 533 Parnassus. 4-5 p.m. Free.

Wed.-Thurs., Dec. 9-10: **Holiday Crafts Fair.** Millberry Union, 500 Parnassus. 10 a.m.-4 p.m. Call 476-1800. Free.

Women's Resource Center

All events are in Toland Hall, 533 Parnassus, noon-1 p.m. For further information call 476-5836.

Thurs., Nov. 12: **Sexuality, Power & Intimacy.**

Thurs., Nov. 19: **Sexual Harassment on College Campuses.**

Thurs., Dec. 10: **Women's Spirituality & the Peace Movement.**

Rape Prevention Education

For information call 476-5222.

Thurs., Nov. 5: **Acquaintance Rape: New Solutions to Old Problems.** Sallie Werson & Roberta Friedman, UC-Berkeley Rape Prevention Program. Toland Hall, 521 Parnassus. Noon. Free.

Sat., Nov. 14: **Self-Defense Classes for Children & Adolescents.** Ages 11-14. UCSF Child Care Study Center, 610 Parnassus. 10:30 a.m.-2 p.m. $15.

Department of Nursing Courses

Full-day courses held in Rm. 980, Moffitt Hospital, 505 Parnassus, unless otherwise noted. For further information call 476-2993.

Wed., Nov. 4: **Who Cares for the Caregiver?**

Fri., Nov. 6: **Nursing Research Workshop.** Rm. 130, Clinical Sciences Bldg., 521 Parnassus.

Wed., Nov. 18: **Pediatric Chemotherapy.**

Mon., Nov. 23: **Pediatric Chemotherapy.** Rm. 688, Moffitt Hospital, 505 Parnassus.

Wed., Dec. 2: **Issues in Child Life.**

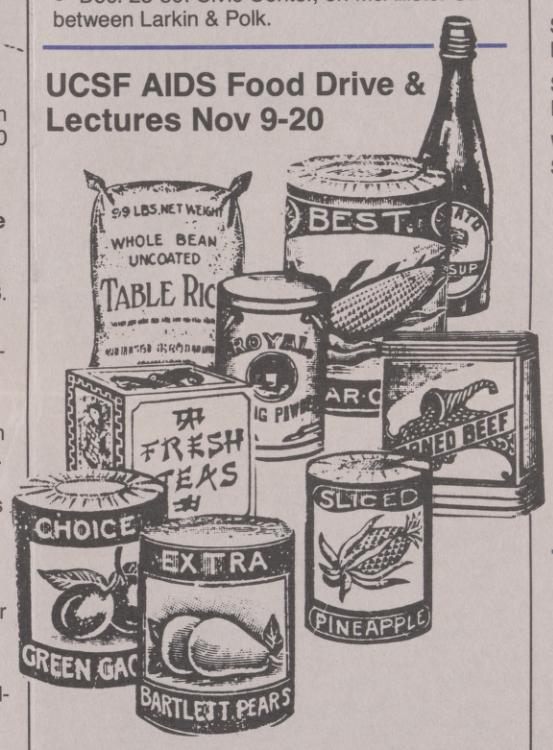
Thurs., Dec. 3: **Pain Management.** Rm. 701, Clinical Sciences Bldg., 521 Parnassus.

Mobile Mammography Screening Program

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time. Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m. The van will be at the following locations during November and December:

- Nov. 2-6: Marina Green parking lot near the Ft. Mason entrance.
- Nov. 9-13: Embarcadero, Drumm St. between Sacramento & Clay.
- Nov. 16-20: UCSF Laurel Heights, 3333 California St. in the left parking lot.
- Nov. 23-27: Closed for maintenance & holidays. Future appointments can still be made by telephone.
- Nov. 30-Dec. 4: Sunset District, Irving St. between 25th & 26th Aves.
- Dec. 7-11: Taraval St. between 17th & 18th Aves.
- Dec. 14-18: Richmond District, 7th Ave. between Geary & Clement.
- Dec. 21-23: Diamond Hts. Blvd., near Safeway.
- Dec. 28-30: Civic Center, on McAllister St. between Larkin & Polk.

UCSF AIDS Food Drive & Lectures Nov 9-20



Proceeds to benefit SF AIDS Foundation Food Bank. Bring cereal, juice, tuna, peanut butter & other canned goods to donation sites in the lobbies of Medical Sciences Bldg., 513 Parnassus, & Ambulatory Care Center, 400 Parnassus. All lectures in Cole Hall, 513 Parnassus. Free, but please bring canned food to donate.

Mon., Nov. 16: **AIDS Research at UCSF.** Virologist Cecelia Cheng-Mayer. 5-7 p.m.

Tues., Nov. 17: **UCSF Clinical Services for AIDS Patients.** Clinical practitioners Harry Hollander, John Greenspan, Lydia Temoshok & Jeffrey Moulton. Noon-1 p.m.

Thurs., Nov. 19: **Helping Friends Who Have AIDS.** Panel discussion featuring people with AIDS & representatives of the AIDS Foundation, Food Bank & Shanti Project. Noon-1 p.m.

Cole Hall Cinema

All films are shown in Cole Hall, 513 Parnassus. Children under 14 $2; UCSF students, seniors, & Millberry Union members $2.50; general $3. Call 476-2571.

Lethal Weapon. Thurs., Nov. 5. 5:45 & 8:15 p.m. Fri., Nov. 6. 6:30 & 9 p.m.

Dragnet. Thurs., Nov. 12. 5:45 & 8:15 p.m. Fri., Nov. 13. 6:30 & 9 p.m.

A Great Wall. Thurs., Nov. 19. 5:45 & 7:45 p.m. Fri., Nov. 20. 6:30 & 8:30 p.m.

Spaceballs. Thurs., Dec. 3. 5:45 & 7:45 p.m. Fri., Nov. 4. 6:30 & 8:30 p.m.

Film & Reading Groups

Held once a month to discuss selected books and films. Board of Governors Room, Millberry Union, 500 Parnassus. Call 476-2542.

Tues., Nov. 10 & Dec. 8: **CAL Film Group Meeting.** 6 p.m.

Tues., Nov. 24 & Dec. 29: **CAL Reading Group Meeting.** 6:30 p.m.

Outdoors Unlimited

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m. Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure listing all events call 476-2078.

Fri.-Sun., Nov. 13-15: **Backpacking.** Sunol Wilderness.

Sat., Nov. 14: **Trail Building & Barbeque.** Stevens Creek Park.

Wed., Nov. 18: **Wave Ski Club Meeting.** Millberry Union, 500 Parnassus.

Sat.-Sun., Dec. 5-6: **Cross-Country Skiing.** Lake Tahoe. Skills Clinic: Wed., Nov. 24 & Dec. 1.

Sun., Dec. 6: **Day Hiking.** Samuel P. Taylor State Park.

Sat.-Sun., Dec. 12-13: **Mushrooming.** Jughandle Farm. Skills Clinic: Tues. & Thurs., Dec. 8 & 10.

Wed.-Sun., Dec. 30-Jan. 3: **New Year's Ski Tour.** South Tahoe.

PRO: Recreation & Fitness

Over 100 classes for the active and the inactive person. Winter classes include aerobics, weight management program, healthy neck and back care, stress reduction, yoga, dance, cooking, golf, tennis and MUCH MORE! Winter quarter classes begin Mon., Jan. 11. Registration begins Wed., Jan. 6, at Millberry Union Central Desk, 500 Parnassus. For further information and a free brochure listing all classes call 476-1800.

Folk Dancing

Learn folk dancing from various parts of the world. No partner needed, beginners welcome. Held every Tuesday in the Millberry Union Gym, 500 Parnassus. 1:05-2:30 p.m. $2. For information call 334-5152.

Massage Service

Experience the healthful benefits of a professional massage at the Millberry Union Athletic Facility, 500 Parnassus. Open seven days a week, Mon.-Fri. 8 a.m-8:30 p.m., Sat. 9 a.m.-7 p.m. & Sun. 1:30-6:30 p.m. UCSF students, Millberry Union members & seniors $15 half hour, $21 hour, $32 1½ hour; general $18 half hour, $24 hour, $36 1½ hour. Gift certificates available. Call 476-1115 or visit the Millberry Union Athletic Desk.

Personal Safety Classes

Conducted by the UCSF Police & Recreation Departments' Personal Safety Program. All classes held at the Laguna Honda Personnel Conference Rm., 1350 7th Ave. Call 476-5683 or 476-1800 to register.

Self-Defense Workshops. Easy-to-learn techniques. 9 a.m.-5 p.m. $20 public, $15 UC affiliate. Sat., Nov. 7: **Co-ed.** Sat., Dec. 12: **Women Only.**

Tear Gas Certification Classes. Department of Justice approved. 6-9 p.m. $10. Wed., Nov. 11 & Dec. 16, Mon., Nov. 23 & Dec. 7.

To Our Neighbors is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
University of California. San Francisco
...A Health Sciences Campus

To our neighbors

November/December 1987

A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.

Volume 12, Number 6

New Project to Assess Health Risks from Toxic Chemicals

Better assessment of the human health risks posed by toxic chemicals in the environment will be the goal of a major research effort at the University of California, San Francisco and Berkeley campuses.

Environmental health scientists, pharmacy researchers and clinicians will join forces to develop new, highly refined techniques for detecting and measuring human chemical exposure from hazardous waste sites.

The new, collaborative investigations will involve researchers from UCSF and UC-Berkeley, working with health scientists from the State Department of Health Services. UC-Berkeley toxicologist Maryn Smith, PhD, is the principal investigator of the project. Leading efforts at UCSF will be Leslie Z. Benet, PhD, professor and chair of the Department of Pharmacy.

By pooling their expertise in environmental health and in drug and clinical research, the investigators will develop new methods for measuring exposure to and subtle effects of toxins on proteins and DNA in the body.

Precise measurement of these effects then can be used to gauge how much chemical exposure humans actually receive, how environmental toxins and their byproducts distribute and deposit themselves throughout the body, and what biological damage they may cause. This project is scheduled for the Laurel Heights campus.

Federal Funds for Two Major Efforts at UCSF to Fight AIDS

The Center for AIDS Prevention Studies (CAPS) at UCSF has received $7.1 million from the National Institute of Mental Health and the National Institute of Drug Abuse to expand its research on how to prevent the spread of AIDS. In addition, a UCSF research team has received more than $4.5 million from the National Institutes of Health over five years to develop drugs to fight the disease.

Since at-risk populations for AIDS now include heterosexuals, adolescents and ethnic minorities, in addition to gay men and intravenous drug users, much of the CAPS work will be done off campus in the community, and especially in minority communities, with emphasis on education for prevention of the spread of the disease.

"Because there is not yet a cure or vaccine, getting people to adopt low-risk behavior is the only way to stem the AIDS epidemic," says Stephen B. Hulley, MD, codirector with Thomas J. Coates, PhD, of CAPS. "There is an urgent need for studies to design and test efficient health education programs."

In another $4.5 million grant, UCSF will be applying new techniques of drug design in the attack against AIDS. The UCSF team, composed of six researchers in the School of Pharmacy and two in the School of Medicine, will apply its expertise in computer-assisted drug design and the determination of protein structure to find drugs that will knock out one or more of the enzymes which are made by the AIDS virus and are crucial to its life cycle.

Such drugs, if specific enough to kill the virus but not cause serious side effects in humans, would be candidates for human trials.

"Over the long run, looking for antiviral drugs could be more promising than the search for a vaccine," said principal investigator George L. Kenyon, PhD.

Much of the work will be done in the laboratories at UCSF-Laurel Heights if and when the School of Pharmacy moves its programs to that site.

Wesley Wong

Sharon Falconer with husband Bruce, newborns Jean Elizabeth, Scott and Neil, Evan, now nearly three, and UCSF nurses Leslie Snodgrass and Dorian Peters.

First In Vitro Fertilization Mom Returns to Have Triplets

In 1985, Sharon Falconer made history by having the first in vitro fertilization birth in San Francisco. In September, she returned from Alaska, where she now lives, to have another birth, but this time for triplets.

This was her second pregnancy achieved through the UCSF Medical Center's In Vitro Fertilization Program.

Some 15 percent of American couples have difficulty in conceiving a child, said Mary Martin, MD, co-director of the UCSF program. In vitro fertilization most frequently is used to help women with blocked fallopian tubes.

After daily administration of drugs that stimulate eggs to mature, several eggs are removed from the women's ovaries, incubated briefly, mixed with her partner's sperm in a glass dish, and then placed in her uterus after fertilization.

The UCSF program was the first in the Bay Area. Forty-three babies—including four sets of twins and three sets of triplets—have been born in the program. For further information call 476-5405.

CA Supreme Court to Review UCSF-Laurel Heights

The California State Supreme Court has agreed to review the July 9 ruling of the California Court of Appeal which declared the UCSF environmental impact report for the Laurel Heights campus to be inadequate. Oral arguments against the case will be heard early next year. It is expected the Supreme Court will make a final decision in spring 1988 at the earliest.

(More news items on back page)

You're Invited to a Health Fair

The Medical Center at UCSF invites you to a public event of gigantic proportions—our annual UCSF Health Fair—to be held on Saturday, November 7, from 10 a.m. to 4 p.m. in Millberry Union, 500 Parnassus Avenue.

The fair will feature booths and activities geared toward providing information on health, disease prevention and safety for children, adolescents and their families.

Cheaper, Quicker Way to Screen for Genetic Diseases

Borrowing an enzyme from bacteria that thrive in hot springs, UCSF researchers have developed a simpler, quicker and cheaper way to screen for genetic diseases.

One of the main advantages of the new test, which so far has been applied successfully to the diagnosis of three hereditary blood diseases, is that it does not use radioactivity. Using radioactivity increases the cost and complexity of current screening tests and discourages their use in underdeveloped countries.

The new tests can be performed in as little as three hours, whereas current prenatal screening tests that search for mutations in the genes of the fetus frequently require days to weeks for a diagnosis.

Jane Gitschier, PhD, of the Howard Hughes Medical Institute at UCSF; UCSF first-year medical student Scott Kogan; and senior technician Marie Doherty reported details of the diagnostic test in the October 15 issue of the *New England Journal of Medicine*, along with their success in diagnosing hemophilia A in a fetus and identifying carriers of the disease.

UCSF colleagues have adapted the technique Gitschier and Kogan developed to create rapid and simple prenatal tests for two other hereditary blood diseases—sickle cell anemia and alpha-thalassemia.

Has Sodium Gotten a Bum Rap?

For years the public has been advised to cut back on all forms of sodium, not just table salt, or sodium chloride, to decrease or even prevent high blood pressure.

This advice is given despite no real evidence that sources of sodium other than table salt contribute to hypertension, or chronic high blood pressure, according to R. Curtis Morris, Jr., MD, director of the UCSF General Clinical Research Center, and Theodore Kurtz, MD, chief of the UCSF Clinical Chemistry Laboratory.

In the October 22 issue of the *New England Journal of Medicine*, Morris, Kurtz and kidney specialist Hamoudi A. Al-Bander, MD, reported a study suggesting that sodium in forms other than sodium chloride does not increase blood pressure in men with the most common form of hypertension—essential hypertension. Essential hypertension is chronic high blood pressure with no known cause.

The new study suggests that chloride and sodium are important in increasing blood pressure in those with salt-sensitive hypertension, and that neither one alone is sufficient.

The researchers caution that the results should be considered preliminary and should not be used as a basis for making dietary recommendations in the management of high blood pressure.

Environmental Assessments by Independent Firm

UCSF now is interviewing independent firms to perform environmental assessments starting with the Parnassus campus. The selected firm will monitor emissions from the campus, including air, water and wastes, to determine if there are any risks to employees and surrounding communities, both on Parnassus and later at Laurel Heights and other UCSF sites.

According to J. LeRoy Balzer, UCSF's new assistant vice chancellor for environmental health and safety, this will be an ongoing process to analyze, assess and report on various emissions and to advise if corrective actions must be taken.

"Neighborhood participation is essential," said Thomas Gwyn, assistant chancellor for public service programs. "We want representatives from the campus planning committees to work with the campus as the study process develops."

For High School Students: "Careers in Health Care"

The Medical Center at UCSF is offering a special opportunity for high school students interested in a health career. Called "Careers in Health Care," the program will be held on Tuesday, November 17, from 4 to 7 p.m. in Room 300 Health Sciences West, 513 Parnassus.

All Bay Area high school students, as well as teachers, counselors and parents, are invited. The program will provide the opportunity to learn about career opportunities in a variety of fields, including radiology, physical therapy, nursing, respiratory care, laboratory technology, hospital dietetics and food production, and hospital supplies management.

For further information call 476-1848.

UCSF

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News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143-0250

Rush—Time Dated
November—December, 1987

To our neighbors